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Fossil felon pleads guilty

Calgary man fined thousands after being convicted of trying to illegally ship rare gems into the U.S. 72 million-year-old fossils are valued at $100,000

Canada Border Services Agency manager of criminal investigations Rick Cuzzetto holds an ammonite at a media conference to display a quantity of ammonites, bacculites and ammolites which were the subject of a recent court action yesterday in Calgary.

The giant shiny rocks sparkling red and green weren't rubies or emeralds, but they were rare and valuable and led to the conviction of a fossil felon.

The RCMP and Canada Border Service Agency displayed the ammonites, bacculites and ammolite to the media yesterday after Lorne Powell of Calgary pleaded guilty to attempting to ship $100,000 worth of the gemstones and fossils to a trade show in Arizona.

Powell didn't fill out the proper permit and seriously undervalued the collection at $400 — but it was his motive that authorities questioned.

"The officers were suspicious because of the declaration of why the goods were going down," said Rick Cuzzetto, manager of criminal investigations for the border agency. "The officers realized the place ... was the type of show where the sale of any type of fossil or mineral was conducted."

The stones ranged in size from a thumbnail to a large pizza with a weight of over 30 kilograms.

The border agency laid a charge under the Customs Act and the RCMP charged Powell under the Cultural Property Export and Import Act, which regulates the movement of cultural property.

He was fined a total of $2,500. He also faces a civil penalty of $28,000 for making false and deceptive statements and will have to pay that if he wants the collection back. THE CANADIAN PRESS

Rare gem

Ammolite is a rare and valuable opal-like organic gemstone found primarily along the eastern slopes of the Rocky Mountains of Canada and the United States. It is one of the rarest gemstones on Earth and is made from the fossilized shells of pre-historic ammonites. There are only two mines in Canada and both are in Alberta.

Study

It's all in the family

Report highlights 'fluid' nature of the contemporary Canadian family Common-law is the fastest growing family type {page 9}

Flames sign Brendan Morrison

Veteran forward signs one-year deal one day after being cut by Canucks {page 24}

Every project needs a plan

It's Financial Planning Week {page 21}

Don't worry, she's friendly

But Jessica Napier is certainly not a 'dog person' {page 13}

Get stewing for the fall

Time to get cooking with a warm-the-heart recipe {page 19}

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AMVIC LICENSED

Airdrie launches transit service

Airdrie yesterday launched the Intercity Express (ICE) transit service, created to usher riders to and from Airdrie during peak mornings and afternoons on three different buses.

"The new ICE service will provide easy and convenient access to Calgary Transit's network and reduce traffic congestion," said director of community services Michelle Lock.

Riders can enjoy free rides all week. For information on the ICE service including schedules, maps and fares, visit airdrietransit.ca

METRO CALGARY

Man shot by police charged

A man who was shot by police after a car chase last week has been charged.

Police attended a robbery in progress on Sept. 29 and spotted a white Honda fleeing the scene. After police surrounded the car, the suspect allegedly drove toward officers, prompting one to fire the shots.

Police determined the vehicle driven by the suspect had been stolen on Sept. 22 or Sept. 23. Police also found an airsoft gun painted to resemble an authentic firearm inside the vehicle.

Louis Henry Bear, 32, is charged with possession of stolen property over $5,000, operating a vehicle while disqualified, and possession of a weapon or imitation for a dangerous purpose.

METRO CALGARY

KRISTA SYLVESTER/METRO CALGARY

▶ Alberta Health Services social worker Martina Quinn and Tallulah work together in helping kids and teens cope with cancer.

Help from furry friends

Kids and Teens Can Cope runs Wednesdays at Tom Baker Cancer Centre

KRISTA SYLVESTER
@METRONEWS.CA

She's furry, fuzzy and friendly.

Tallulah, a five-year-old Labradoodle, has been a big hit among youth whose parents are undergoing cancer treatment.

The popular animal has been helping provide pet-assisted therapy with social worker Martina Quinn.

"She provides a great distraction and comfort to kids and teens dealing with their parents going through cancer treatment and being diagnosed," Quinn said.

"It helps the participants open up and feel more comfortable to talk during what can be a very painful and frightening time."

The facilitator-led sessions are held twice a year and are limited to 12 participants.

Psychological oncologist Dr. John Robinson said Tallulah often wags her tail throughout the sessions and loves getting attention.

"She sometimes has a knack for sensing when someone needs a little extra attention so she will cozy up to them," Robinson said, adding Tallulah is very calm and good-humoured.

Tallulah is so popular, some participants request her by name.

Fast facts

- **The Alberta Cancer Foundation** provides $1,800 a year for snacks.
- **The program began** 20 years ago but Tallulah is a new addition.
- **Youth between the ages of** nine and 19 can take part in the program.
- **The next program** begins tomorrow and runs every Wednesday after school for five weeks.
- **The program is free** and some spaces are available by contacting Marissa Mackenzie at 403-355-3207.

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

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Is the road to investment heaven paved with gold? Allan Small investigates at metronews.ca/investing

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SECOND CUP

Big shoes to fill in Ward 12

Five candidates vying for alderman in an open ward makes things interesting for Ward 12 constituents looking for their next representative.

And that next alderman has big shoes to fill, according to several people Metro interviewed at the Ward 12 Civic Camp forum in Quarry Park last night.

"I just want someone to represent the community and their needs the best. (Ric) McIver was very involved in the community and we need something like that again," former Copperfield community association president Bruce Borstmayer said.

Even candidate Shane Keating agreed McIver did a good job.

"I wouldn't have run if he was in it still because I would only run if I felt there was a gap. But he did well," Keating said.

Most candidates agreed readily the biggest issues facing the southeast communities in Ward 12 are recreation facilities and transportation — a sentiment echoed by dozens of the 100 citizens at the forum.

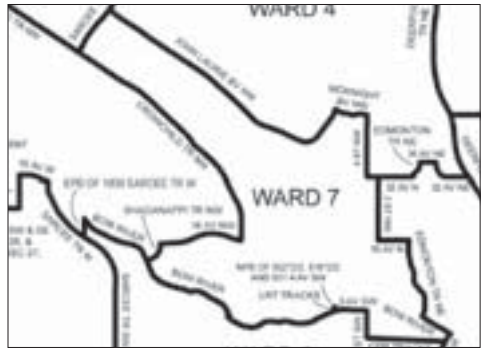
KRISTA SYLVESTER/METRO CALGARY

▶ Candidates debated the issues at the Ward 12 forum last night.

KRISTA SYLVESTER

Ward 7, meet your candidates

Metro spoke to the candidates running in Ward 7 to find out who they are, what they do, where they stand and why they feel they deserve your vote.



Druh Farrell

Alderman
Age: 51
No. 1 issue: "Who should pay for the cost of future suburban development? The principle of allowing housing choice — where you want to live in Calgary and in what type of dwelling — is an important one. It is equally important that true costs are associated with the choices that we make, and that they are not based on a public subsidy."
Why run? "For years the residents of Ward 7 and I have worked together to build stronger communities. From curbside recycling, to LRT upgrades, to the downtown beat police, we have accomplished many things, yet there is much good work to be done."

Jim Pilling

Carpenter
Age: 45
No. 1 issue: "To restore the integrity between the communities and city council.
Why run? "The direct disconnect between city council and the citizens of Calgary."

Elizabeth Ann Cook

Owner of Calm Lee Cleaning Services
Age: 63
No. 1 issue: "Taxation system changes that I feel are needed and tax dollars allocated to services that citizens should have provided for themselves, for a safer, maintained, environment that all can live in and enjoy."
Why run? "I decided to run in this election, because I feel that I could contribute to the betterment of this city. I would like to be a part, in cleaning up issues that seem to be falling by the wayside, because they needed to be addressed ages ago. Instead, the money seems to have been put to use on projects that could have been left for a future time, when it would have been more feasible to take on."

Kevin Taylor

Owner of the Cheesecake Cafe Macleod Trail

Age: 51
Why run? "Why have you decided to run? Simply put, I am hearing it is time for a change. Over the past few years I have heard increasing concern over some of the issues in Ward 7 and in Calgary as a whole. Calgarians are voicing their concerns, blogging on the Internet and talking to their neighbours about their dissatisfaction with city hall and the lack of fiscal accountability, safety in our city and need for stronger community connection."

Michael Krisko

Kayak manufacturer
Age: 56
No. 1 issue: "City hall spending, transparency and contracting, and traffic/density practices are out of control."
Why run? "Provide better representation for Ward 7, experienced with public consultation, budgets, policy."

METRO CALGARY

Where candidate lives counts: Voters

More than 150 people sat shoulder to shoulder to hear eight Ward 6 candidates answer questions on urban chickens, the Stampede Board, and Race City speedway.

Of course, transportation was an issue, but a candidate's service and community longevity and residence seemed to be the clear concern.

"I wouldn't vote for someone who wasn't living in the ward," said 30-year Ward 6 resident, Elizabeth Da Silva. "They just don't know the issues important to the area."

More than 23 of 40 questions came in regarding candidates' residence in the ward, making it a particularly hot topic at the meeting. Candidates pointed out their varying time spent in the community along with their perspective on pressing ward issues — and it did matter to the audience.

"This was a great opportunity to for me to come out and see all the of candidates. I hadn't seen or heard from them before," said Da Silva.

Civic camp will have three more forums this week with Ward 10 tonight at the Marlborough Community Centre, Ward 4 on Wednesday night at the Foothills Alliance Church and Thursday is Ward 3 at the Harvest Hills Alliance Church.

DARREN KRAUSE/METRO CALGARY

▶ Ward 6 candidates discussed issues last night.

DARREN KRAUSE

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MAYORAL CANDIDATE CRAIG BURROWS

"I MADE SOME TOUGH DECISIONS"

Mike McCourt — The long history of civic politics in this town reveals almost nobody loses his/her aldermanic seat. You got whacked in 2007. You've got that tag whether you like it or not, Mr. Burrows. So what makes you think you can be mayor with that type of background?
Craig Burrows — Well, I would look at anything in life that is it's not worth fighting for and challenging things, that you're not trying hard enough. Winners are people who continue to fall down, pick themselves up, brush themselves off and move forward. So to me I made some tough decisions that at hand were not popular at the short term, but I think you've seen in the last three years some of those ideas have come into fruition as far as what I was warning about.

▶ Burrows

MM — You seem to be saying that you're right and the voters were wrong. Voters tend not to like that kind of thing?
CB — I'm not saying that at all. The reality is what you get with me is what you get. I believe in being honest, truthful and straightforward to people. I'm not going to lie to you to get your vote.

MM – You've been on Enmax and you've been talking a lot about Enmax. The new executive over there led by Gary Holdman has said repeatedly that the Enmax mandate is to get out there in the unregulated electricity market, compete for business and do business. I take it you don't agree with that?
CB — I support the idea of the wires in retail. The power generations side concerns me because of the billions of dollars of capital investment into those things. Right now there's many private people that want to get into it. I'm concerned the risk we are taking is not worth the dividend we are getting back.

Tune in to BT Calgary today for Naheed Nenshi and tomorrow for Jon Lord and Barry Erskine. Send questions to @metrocalgary on Twitter, or calgaryletters @metronews.ca

COURTESY BT CALGARY

EDUCATION

Candidate wants audit

A public school board trustee candidate is challenging the Calgary Board of Education to a thorough public audit of the planned $285-million New Education Centre.

Ward 8 and 9 candidate Laura Shutiak is demanding current board chair Pat Cochrane explain how the CBE plans to pay for the new centre without affecting education.

METRO CALGARY

Police locate missing man

Calgary police have located a man missing since last week after it's believed he and a friend called police about being robbed and assaulted..

Nelson Thomas Evans, 34, was located in downtown Calgary, alive and uninjured, according to police.

He's being interviewed in relation to the robbery and assault, police said.

METRO CALGARY

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DISTRACTED DRIVING

Albertans need to focus on the road: Study

Albertans are distracted drivers, according to stats released yesterday.

According to an Allstate Canada study conducted by Leger Marketing, 75 per cent of Canadian drivers do something other than focus on the road — with Albertans being the worst offenders.

Thirty-eight per cent of Albertans said they have been or know someone who has been in a distracted-driving crash, the most among the provinces.

By comparison, 25 per cent of drivers from Manitoba and 20 per cent from Saskatchewan said they had been in or know someone that's been in such a crash.

KRISTA SYLVESTER

Cops hope for surge in tips

Police are hoping a Crime Stoppers re-enactment this morning helps garner more tips in relation to a homicide in Mission last year.

Police are looking for information in the Sept. 6, 2009 death of Nima (David) Tajali, 22, a former B.C. resident living in Calgary.

METRO CALGARY

Chocolate man looks for ideas

Famed chocolatier Bernard Callebaut is making a last-ditch effort to save his business since his company of 27 years, Chocolaterie Bernard Callebaut, went into receivership in August.

He said he remains open to ideas before the bid deadline of Oct. 6.

METRO CALGARY

How a few seconds may save your life

- National Fire Prevention Week runs until Saturday
- In 2009, seven fire-related deaths, 63 injuries in city

KRISTA SYLVESTER
@METRONEWS.CA

It's "a sound you can live with."

The Calgary fire department launched Fire Prevention Week 2010 yesterday by visiting over 200 homes to remind Calgarians about the importance of smoke alarms.

"We just want to remind people that taking an extra few seconds to ensure their alarms are working properly can save lives," fire chief Bruce Burrell said.

This year's "a sound you can live with" theme is the biggest alarm blitz in the city's history, according to officials, and crews will be visiting hundreds of homes throughout the week.

KRISTA SYLVESTER/METRO CALGARY

Fire Chief Bruce Burrell installs a fire alarm in a northeast home to launch Fire Prevention Week.

Homeowner Wendy Klywak said she is grateful for the safety tips, having learned that there should be one fire alarm per floor in residences.

"I always knew you have to change the batteries twice a year, but they taught me some other things," she said.

"It's good to know because homes can catch fire so quickly."

This year, the province was in attendance for the city's kickoff, and Alberta's fire commissioner, Trent West, echoed the importance of alarm awareness as he helped install an alarm in a northeast home.

Fire facts

- It's the Calgary Fire Department's 125th anniversary.
- 50 CFD personal and dignitaries are visiting local homes this week.
- CFD launched the Residential Smoke Alarm Program in 1996.
- Over 191,681 homes have been visited.
- Over 21,000 alarms have been installed and 14,000 batteries replaced.

For more local news, visit metronews.ca

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SAIT POLYTECHNIC

One size doesn't fit all families

- Report highlights 'fluid' nature of Canadian family
- Those married with children are the minority: Study

If there were one way to pigeonhole the typical Canadian family, it would be this: There is no such entity as the typical Canadian family.

Single-parent, step-parent-blended, same-sex or common-law — the country's modern family comes in all shapes and sizes and is constantly shifting its makeup, suggests a report by the Vanier Institute of the Family released yesterday.

"Family really is quite fluid," said Katherine Scott, director of programs at the Vanier Institute and principal author of the report entitled Families Count.

The report says today's families are smaller than in the past and adults wait longer to marry, if they tie the knot legally at all.

Common-law unions are becoming far more prevalent as an alternative — not just a prelude — to a formal walk down the aisle.

The document, much of it based on 2006 census data, says the proportion of legally married Canadians has been falling over time, with about 48 per cent of adults reporting they were legally married that year.

While shifting societal attitudes have had a huge hand in colouring the portrait of Canada's families, so too have fluctuating economic realities — such as the need, in many cases, for two-income households.

THE CANADIAN PRESS

Family facts

- **Common-law unions** are the fastest-growing type of family, rising to 15.5 per cent of all families in 2006 from 5.6 per cent in 1981.
- **Two decades ago**, 81 per cent of children younger than 15 were living with parents who were legally married; by 2006 that figure had dropped to just less than 66 per cent.
- **Same-sex couples** grew by about one-third between 2001 and 2006, five times faster than the growth in opposite-sex couples.

Hungary. Sea of red

▶ Local residents are rescued yesterday by excavators in Devecser, 164 kilometres southwest of Budapest.

LAJOS NAGY/THE ASSOCIATED PRESS

Toxic sludge flooding Hungarian towns

Rescue services say the reservoir of an alumina plant in western Hungary burst, flooding several towns with red sludge. One person has died, three are missing and several dozen have been injured. The National Disaster Management Directorate says the sludge, a waste product in aluminum production, contains heavy metals and is toxic if ingested.

NATO tankers attacked

The Pakistani Taliban claimed responsibility yesterday for an attack on NATO tankers carrying fuel to Afghanistan that was left vulnerable on the side of the road after Pakistan shut down a key border crossing. THE ASSOCIATED PRESS

Message in a bottle washes up

Corey Swearingen put the bottle into the Atlantic Ocean in April 2009 and it followed the current all the way to the small fishing village of Kilbaha, Ireland, in County Clare, on the western coast.

THE ASSOCIATED PRESS

Pigs meet their end en route

Fifty frightened pigs wandered around a Toronto highway on-ramp early yesterday, as 81 others lay dead or dying after a big rig that was driving too fast overturned while en route to an abattoir.

THE CANADIAN PRESS

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Blogger accused of spying

Syria has accused a 19-year-old blogger who is in prison of being a spy, an official said yesterday in the first comment from authorities on a case that sparked calls by a leading rights group for the young woman's release.

Tal al-Mallohi was taken into custody in December. Her blog, known for poetry and social commentary, focuses mostly on the suffering of Palestinians. It was not clear whether al-Mallohi's arrest was connected to the blog.

"She was detained on the accusation of spying for a foreign country," the Syrian official said. "Her spying led to an attack against a Syrian army officer by the agents of this foreign country."

The official did not specify for which country al-Mallohi allegedly spied.

THE ASSOCIATED PRESS

IVF developer wins Nobel Prize

Robert Edwards of Britain won the 2010 Nobel Prize in medicine yesterday for developing in vitro fertilization, a breakthrough that has helped millions of infertile couples have children but also ignited an enduring controversy with religious groups.

Edwards, an 85-year-old professor emeritus at the University of Cambridge, started working on in vitro fertilization as early as the 1950s.

He developed the technique — in which eggs are removed from a woman, fertilized outside her body and then implanted into the womb — together with British gynecologist Patrick Steptoe, who died in 1988.

THE ASSOCIATED PRESS

Let's talk about sex

BOB CHILD/THE ASSOCIATED PRESS

▶ In this 2005 file photo, student Marissa Manzi wears a condom costume at an AIDS Awareness Day rally in Hartford, Conn.

New study takes an in-depth look at the sex life of Americans

The male-female orgasm gap. The sex lives of 14-year-olds. An intriguing breakdown of condom usage rates, by age and ethnicity, with teens emerging as more safe-sex-conscious than boomers.

That's a tiny sampling of the data unveiled yesterday in what the researchers say is the largest, most comprehensive national survey of Americans' sexual behaviour since 1994.

Filling 130 pages of a special issue of the Journal of Sexual Medicine, the study offers detailed findings on how often Americans have sex, with whom, and how they respond. In all, 5,865 people, ranging in age from 14 to 94, participated in the survey.

The lead researchers, from Indiana University, said the study fills a void that has grown since the last 1994 study was published. The researchers said they were struck by the variety of ways in which the subjects engaged in sex — 41 sexual acts were tallied, encompassing vaginal and anal intercourse, oral sex, and partnered masturbation.

"Unless, like al-Qaida, you feel there's something abnormal about the American people, what these data say is, 'This is normal — everything in there is normal.'"

DR. DENNIS FORTENBERRY

Men are more likely to experience orgasm when vaginal intercourse is involved; women are more likely when they engage in variety of acts, including oral sex, said researcher Debra Herbenick, lead author of the section about women's sex lives.

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Airline adds partner

WestJet Airlines Ltd. has landed a deal that will bring Asian travellers into its network through a pact with Cathay Pacific, but an analyst said yesterday even greater potential may be found closer to home.

"If you think about Asian traffic into North America relative to other opportunities, it's probably important, but not the most critical," said David Tyerman with Cannacord Genuity.

"The most critical would likely be out of the U.S."

An agreement with Dallas-based Southwest Airlines fell through earlier this year, but Tyerman said there are plenty of other U.S. partners WestJet can approach. THE CANADIAN PRESS

Retail. Reinforcements

▶ A Future Shop store in Toronto.

KEN FAUGHT/TORSTAR NEWS SERVICE

Here comes the cavalry

Future Shop says it plans to hire more than 4,000 seasonal employees across Canada for the holiday shopping season. The electronics retailer plans to beef up its workforce by more than 40 per cent during one of the busiest times of the year.

Judge ends long-fought class-action

- **$455.7-million settlement to be distributed among policyholders**
- **Great West Life says it will appeal**

After 12 years of fighting Great West Lifeco Inc., Bill Rudd feels vindicated that an Ontario court has awarded payouts to nearly two million Canadians to settle a class-action lawsuit over the financing of an acquisition that dipped into policyholders' funds.

"I'm 80 now, I started this when I was in my 60s," said Rudd, a small shareholder and participating policyholder in London Life Insurance Co. and the lead plaintiff in a class-action case against Great West Lifeco and its subsidiaries for violating the Insurance Companies Act.

"I was very pleased that it worked out the way it did. We got the major part of the award that we wanted to get," he said yesterday.

At issue

- A judge in London, Ont., ruled Friday that Great-West breached sections of the Insurance Companies Act when it transferred money from the accounts of subsidiaries London Life and Great-West Life Assurance Co. to finance the 1997 takeover of London Insurance Group.

Great West Life has said that several aspects of the decision are "in error."

The company could not be reached for comment yesterday. However, it said in a press release that even if the decision is upheld it is not expected to have a material impact on the capital position of the companies. THE CANADIAN PRESS

Potash sale no boon: Report

A takeover of Saskatchewan-based PotashCorp could slash the provincial government's revenues by at least $2 billion over the next decade while having little or no net effect on employment, according to a report done for the province.

The Conference Board of Canada report, released yesterday, indicated that there will be little short-term benefit to Canada if international mining giant BHP Billiton is successful in its hostile bid for PotashCorp.

However, it also emphasized that the only major downside would be the loss of government revenue.

"With the exception of significant government revenue impacts, we found few negative takeover effects," the report said.

The Saskatchewan government will consider the report's findings before it provides its views on the $38.6-billion US takeover offer to Ottawa. THE CANADIAN PRESS

Market moment

PRICES AS OF 4 P.M. YESTERDAY

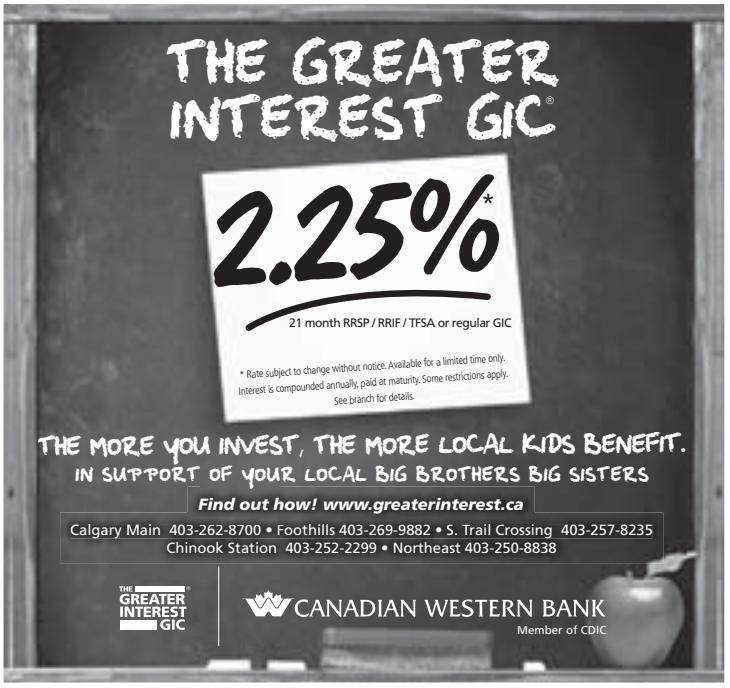
TSX	Dollar
– 40.14 (12,322.94)	– 0.14¢ ($97.85¢ US)
Oil	**Natural gas 1,000 cu ft**
– 0.11¢ ($81.47 US)	$3.727 (– 7¢ US)
	Gold contracts
	$1,316.80 (– $1.00 US)

M irked by loan

A Crown corporation will provide up to $1 billion US in financing to Vale SA, raising the ire of workers embroiled in a 14-month strike against the international mining giant.

The loan from Export Development Canada includes $250 million for a nickel processing plant in Newfoundland and Labrador, where Vale is in a dispute with members of the United Steelworkers. THE CANADIAN PRESS

"You don't (loan money) to an employer that has shown absolutely no respect for the laws of the land."
KEN NEUMANN, UNITED STEELWORKERS' NATIONAL DIRECTOR FOR CANADA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DOGS AREN'T EVERYONE'S BEST FRIEND

She says ...

JESSICA NAPIER

Telling someone you're "not a dog person" is like announcing you don't like babies, or sunflowers or snickerdoodle ice cream. People look at you like you need to spend a week at re-education camp.

I know. I don't like dogs and I'm not feelin' the love. Since I've never actually had a dog, people like to inform me that I just don't get it.

Dog lovers are a cliquey bunch and I've never felt like I belong. As an outsider looking in it just seems like a strange sort of thing to become so emotionally involved with. I wouldn't tolerate a loud, messy, needy man in my life so how could I justify committing to a pet with the same character traits?

I recognize the many virtuous qualities of these domesticated beasts. They hold a very important place in our society as both service animals and loyal companions. I don't hate dogs, but I'm also not particularly interested in being around them. Dogs might be man's best friend, but they're certainly not mine.

I don't talk openly about my affliction. And for good reason. Devoted dog people tend to assume that everyone will worship their beloved pet as much as they do. Even when I offer many valid reasons for feeling uncomfortable around these animals (mild allergies, a distaste for dog hair on black clothes, and a little bit of genuine fear) a dog owner will inevitably form the conclusion that their precious pooch is different and special enough to sway my opinion.

"Please understand it is not adorable when your slobbering 70-pound canine corners me in an elevator. And assuring me with the phrase, 'Oh, don't worry he's very friendly' doesn't make me feel any better while I desperately fend off his unwelcome advances."

Furthermore, they often believe that anything their dog decides to do is not only completely excusable, but is also incredibly endearing.

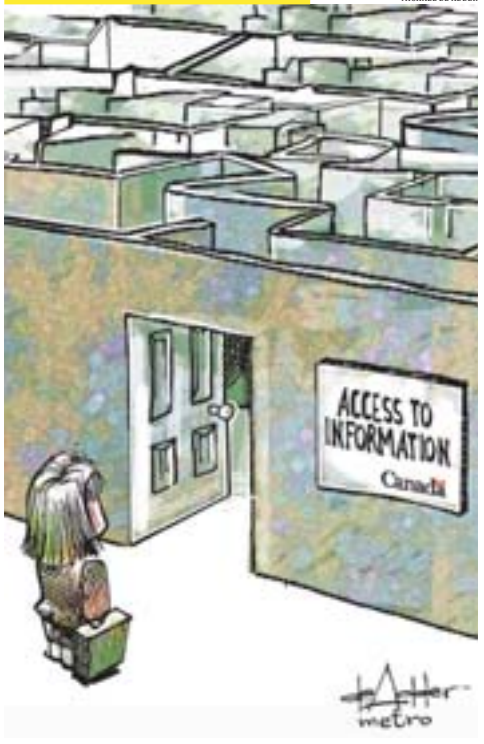
Please understand it is not adorable when your slobbering 70-pound canine corners me in an elevator. And assuring me with the phrase, "Oh, don't worry he's very friendly" doesn't make me feel any better while I desperately fend off his unwelcome advances.

A dog that spends a minute and a half aggressively sniffing at my crotch is not friendly; it's trying to get to third base.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Making cyberspace safer

Worth mentioning

Net protection

The federal government has launched a major effort to make the Internet safer.

Canada's cyber security strategy, announced in last spring's budget, will cost $90 million over five years and $18 million in ongoing funding.

It aims to secure federal computer systems and join other governments and industry to "ensure systems vital to Canadian security, economic prosperity and quality of life are protected."

The strategy will also boost education and awareness to better help Canadians keep personal information secure when online at home and at work.

Public Safety Minister Vic Toews says cyberspace — and its accompanying threats — are constantly evolving. "It's time to take protection of Canada's cyberspace to the next level."

Under the measures announced yesterday, Ottawa is investing $3.5 million in a 24-hour-a-day Information Protection Centre to combat hackers and cyber attacks.

Natural Resources Minister Christian Paradis said the program will help defend vital systems, such as those protecting energy infrastructure, as well as help Canadians shield personal information online.

THE CANADIAN PRESS

What's the dumbest purchase you've ever made?

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Metro Minute at EPCOR Centre

Spare a moment today? Why not check out the five new artists' works in the EPCOR Centre for the Performing Arts Windows to Creativity display.

Works by Guy Gardner, Wilmer Aburto, Louise Williamson, Cecilia Gossen and Kim Bruce will be displayed in the Window Galleries. The artists hail from Canada and Central and South America, showcasing a diverse collection created in a variety of mediums, selected for their artistic quality and appeal to all ages, promoting artistic dialogue within our city.

The works can be viewed until Jan. 3, 2011, in the gallery across from the Max Bell Theatre.

METRO CALGARY

CONTRIBUTED

▶ New works are on display at the EPCOR Centre for the Performing Arts.

2 scene

SUBMITTED

▶ Melissa McCarthy as Deedee and Katherine Heigl as Holly Berenson in the romantic comedy, Life As We Know It, a Warner Bros. Pictures release.

Art imitates life in Heigl's latest flick

Actress co-stars with Josh Duhamel in new romantic comedy ◐ Script hit close to home as she becomes a mom to adopted daughter Naleigh

NED EHRBAR
SCENE@METRONEWS.CA

"You guys don't mind? It's not real," Katherine Heigl says as she brings a pink metal electronic cigarette to her mouth, an LED in the tip glowing blue as she inhales, blue mist escaping as she exhales.

The device is to help kick her smoking habit. "You get your hit of nicotine but you blow out water vapor. You're not inhaling tar, there's no carcinogens. And they say nicotine is no worse for you than coffee. I mean, a few people say that, so I'm going with that."

A new mom to adopted daughter Naleigh, Heigl is keen to quit smoking, just one of the changes she's made since becoming a parent.

That change in life made it easy to take on her latest project, Life As We Know It, in which Heigl and co-star Josh Duhamel are thrust into parenthood when their best friends die and leave them custody of their infant daughter.

"I related to the movie because in my own life I was getting ready to become a mom and wanting to start a family, but I didn't expect to be doing both at the same time, so it was interesting and overwhelming for sure," she says.

"I couldn't show up to set with the same kind of focus I had in the past on other projects because I was really distracted," Heigl says.

"So what you see in my performance is pretty much who I was at that time and all I had. I gave it all I got, but there wasn't a lot of craft involved at that point. It was just instinct. It was a fascinating psych experiment."

Another experiment was working with the triplets who took turns playing her on-screen daughter. "It's hard. It's like, being around children, they're unpredictable," she says.

"They're not trained monkeys. They're going to do what they're going to do. So a lot of it was just having to kind of go with the flow and maybe have to rewrite the script while we're sitting there — saying, 'In this scene she's going to be crying instead of laughing.'"

Heigl quoted

Jumping into parenthood requires some thought — but not too much.

▶ "It's one of those things you just have to dive in blind, otherwise you'd never do it. Because it is just so intense. This child is in my care, she's mine. She is my responsibility... I think mothers look at their children like the second coming. You look at them and go, 'They're so smart, they're so beautiful.' And then you look at everybody like, 'Right? Right?' But then they hit 14 and you're like, "Enjoy boarding school.'"

In brief

Usher and his mother have reconciled, but he still wishes she hadn't boycotted his wedding three years ago.

In an interview with Vibe magazine, the 32-year-old says he was "very disappointed" his mother decided not to witness his marriage to his former stylist, Tameka Foster. The two divorced last year.

Usher and Foster have two sons. Usher's mother used to manage his career.

THE ASSOCIATED PRESS

Die Hard director gets one year in jail for lying about Hollywood wiretapping case

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Karate Kid hits, misses

The Karate Kid
Genre: Action
Director: Harald Zwart
Stars: Jackie Chan, Jaden Smith, Taraji P. Henson
●½

The millennial reboot of the 1980s fist-waver puts so much more upon the slim shoulders of our teachable victim, now played by Jaden Smith, the 11-year-old son of doting Hollywood parents Will Smith and Jada Pinkett Smith.

So desperate are the Smiths to have Jaden join the family firm, they've shoe-horned him into a role requiring dramatic, comedic and romantic chops that are beyond his slim abilities. He's woefully out of his league filling Ralph Macchio's sneakers. The film indulgently runs 2:20, at least a half hour more than it needs, while delivering less fun and inspiration than before.

Jackie Chan assumes Pat Morita's spry sage of a handyman/teacher, now Mr. Han, and the casting here is also wrong, but from an opposite direction. The likeable Chan is too qualified for this role since everybody knows he's capable of bringing the pain when the kung-fu begins.

Robbed of the original film's surprise reveal of the guru's skills, and the reason for the mysterious repetitive tasks he demands (now it's hanging a coat on a hook, over and over) we know it's just a matter of marking time — lots of it — before the fists and feet start flying.

Director Harald Zwart (The Pink Panther 2) and pen-for-hire Christopher Murphey have barely changed the original screenplay, apart from a trans-global location shift. But this may be a hidden blessing, because the basic story is strong enough to survive even a half-baked remake like this.

PETER HOWELL

Nightmare lacks gore

A Nightmare on Elm Street
Genre: Horror
Director: Samuel Bayer
Stars: Jackie Earle Haley
●½

There are a lot of things wrong with this remake of A Nightmare on Elm Street, not least of which is that it was made at all. Greed, not art, inspired the reboot of this still-potent 1980s horror franchise.

My chief complaint is the completely bonehead-ed decision to give dream-stalking killer Freddy Krueger a back story that 'splains why he's so bad.

This new version of Freddy is like a bad actor running around and screaming, "What's my motivation?"

New recruit Jackie Earle Haley, awkwardly fitting into Robert Englund's filthy red-and-green Freddy sweater, floppy hat and scissor hands, obviously doesn't get it. But then neither do director Samuel Bayer, a videographer-turned-filmmaker, and screenwriters Wesley Strick and Eric Heisserer.

What's missing are the scary bits. This is slash-by-numbers Freddy, where the murders of the original film, shocking by 1984 standards, are dutifully and tediously reenacted with a new group of teen victims.

PETER HOWELL.

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Britney gearing up for a big comeback

Rumoured to be working on major album
Taking back control of her life

Britney Spears is quietly gearing up for a major comeback, with an album in the works tentatively scheduled to be released next year, according to Radar Online.

Spears has reportedly already finished three tracks for the new album.

And she's also reportedly ready to take back control of her life, looking to end the conservatorship within the next three months.

"Britney has made tremendous progress in the past three to four months. She seems to be firmly in control again," a source tells the website.

METRO

▶ Britney Spears

Celebrity tweets

Kirstie Alley [@KirstieAlley] Boo!

Ben Stiller [@RedHourBen] Excited for the Knicks this year! It's been too long.

Amy Winehouse [@Amyjademermaid] Ronson, you're dead to me; one album I write and you take half the credit — make a career out of it? Don't think so.

Steve Martin [@SteveMartinToGo] Marijuana laws loosened in California. Tour bus suddenly smells like old socks.

METRO

▶ Donnie Wahlberg

Donnie Wahlberg and wife finalize divorce

Donnie Wahlberg is the new single kid on the block.

Court records in Simi Valley, Calif., show the actor-singer and his wife of nearly nine years finalized their divorce on Sept. 28.

The pair each filed for divorce on the same day in August 2008 and reached an out-of-court settlement in the case, which was handled at a Ventura County courthouse about 38 miles northwest of downtown Los Angeles.

The pair, who were married in 1999, have two sons.

Wahlberg was a member of the boy band New Kids on the Block, which was intensely popular in the late 1980s and early 1990s, and have reunited in recent years.

The 41-year-old is also an actor, appearing in series such as Band of Brothers and the new police drama Blue Bloods.

THE ASSOCIATED PRESS

Talking points

Ready to go public?

LOVE AT FIRST SIGHT. Middle Jonas Brother Joe Jonas is reportedly "head-over-heels" for Twilight star Ashley Greene, according to People magazine. According to a source, he thinks she is down-to-earth, absolutely beautiful and he hasn't been this into a girl in a long time.

While the pair have allegedly been dating quietly for the past two months, they've been spotted out lately on a date at Disneyland and holding hands while shopping at a pharmacy, suggesting they're ready to go public. A rep for Jonas had no comment.

METRO

No date nights for Moore

MARRIAGE REALITY. Julianne Moore admits that she and longtime husband, film producer Bart Freundlich, find making time to have a weekly date night "kind of impossible" because of their hectic schedules she says.

"I admire people who manage that," she says. "We try to get out when we can. We're like any other couple. It's always difficult."

METRO

Perry to wed this month

AN INDIAN WEDDING. Katy Perry and Russell Brand are reportedly set to tie the knot later this month in India — and they're planning on having a week-long celebration.

Friends and family of the couple recently received save-the-date cards from Perry and Brand saying, "Meet you in Delhi in October.

METRO

ISTOCK PHOTO

▶ The researchers found that the best survival rate was in women who slept between 5 and 6.5 hours a night.

Less sleep can help extend life

New study shows getting five hours of sleep is associated with longer life span ◐ Flies in the face of traditional belief you need eight hours

CELIA MILNE
LIFE@METRONEWS.CA

Only sleeping five hours a night? You may live longer than your friends.

A study done at the University of California, San Diego has found that sleeping between five and six-and-a-half hours a night is associated with the greatest longevity, at least in women over 50.

This may be great news for women who aren't getting as much sleep as they used to, and are worried about it.

A team of scientists did a two-part study. The first stage took place between 1995 and 1999. They monitored the sleeping habits of 459 women between the ages of 50 and 81 living in California.

Then, 14 years later, the scientists returned to study the same group and found details on 444 women. Of those, 86 had died.

The researchers were surprised to find that the best survival was in women who slept between five and 6.5 hours a night. Women who slept less than five hours a night or more than 6.5 hours were less likely to be alive at the end of the 14 years.

3.3M

If you've got sleep issues, you're certainly not alone. An estimated 3.3 million Canadians over age 15 have problems getting enough sleep.

"This means that women who sleep as little as five to six-and-a-half hours have nothing to worry about since that amount of sleep is evidently consistent with excellent survival," reported lead author Dr. Daniel Kripke, professor emeritus of psychiatry at UC San Diego school of medicine.

The study was published online in the journal Sleep Medicine.

Shift workers

Don't work nine to five? Feeling sleepy? About 25 per cent of workers in Canada do some kind of shift work, and this obviously affects sleep and health. Studies show people who work shifts are at higher risk for cardiovascular diseases, and this may be related to sleep disturbances. Here are some tips from the National Sleep Foundation to deal with shift work sleep problems:

- Avoid long commutes.
- Avoid working overtime.
- Take short naps during the shift if there is down time.
- Interact with others to keep you alert when necessary.
- Try to be physically active on a regular basis.
- Do the most boring tasks near the beginning of your shift.
- If you are working nights, you'll probably be most tired around 4-5 a.m.
- It's OK to drink caffeine near the beginning of your shift.

Healthy bites

Curves
We're envying the natural curves flaunted by actress Christina Hendricks (pictured). We cheer this shift from the skinny to sexy.

Detoxing
Summer's over and we have developed a taste for lunchtime drinking. Now we are faced with a health and reality check.

SCANLIFE

Prostate cancer patients on hormone therapy should be aware of fracture risk: Doc

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Calgary Counselling Centre

Research shows tennis players who scream and shout during their matches tend to get better results

Tennis fans have likely grown accustomed to some of the game's top players unleashing loud grunts along with their blistering backhands and forehand volleys.

New research suggests these emphatic outbursts may be having more of an impact on the game than just cranking up the decibel level on the court.

A study co-authored by University of British Columbia and University of Hawaii researchers suggests grunts may provide players with a leg up on their competition.

Assistant psychology professor Scott Sinnett at the University of Hawaii at Manoa and UBC psychology professor Alan Kingstone looked at the effects of noise on shot perception during a tennis match.

The researchers enlisted 33 UBC undergrads, none of whom had more than

AL BELLO/GETTY IMAGES

▶ Former Wimbledon singles champ Maria Sharapova has been known for her grunting.

recreational tennis experience and who reported normal hearing and normal or corrected-to-normal vision.

The participants sat about 60 centimetres from a computer screen in a dimly lit and sound-attenuated testing room to look at videos Sinnett had shot of his friend, a former semi-professional tennis player, hitting a ball to either side of a tennis court.

Half of the clips were accompanied with a brief 60-decibel sound overlapping when contact was made with the ball, volume equivalent to a conversation at a three-foot distance. But rather than using actual grunts, researchers created what Sinnett describes as "white noise" comparable to a "shushing sound."

Sinnett said the fact that the sound level used in the experiment was quieter than real grunts and effects are still seen is "kind of telling in itself." "If we had a much louder sound, it might actually lead to more profound effects."

THE ASSOCIATED PRESS

100

Former Wimbledon singles champ Maria Sharapova has been known to belt out grunts topping 100 decibels.Other players have called the act so distracting that they consider it cheating.

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Don't forget the perfect wine for this Thanksgiving

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Any holiday that ends with a good meal is OK in my book; especially when wine is at the heart of the celebration.

Thanksgiving is arguably the ultimate in family food fests because it shines the spotlight on things we already have rather than an orgy of gift giving, which means whatever's on the table can really shine.

Though my wife keeps reminding me that I used to be a good cook back in my swinging bachelor days, she's really the master chef of the Rockwell mansion.

We keep things pretty traditional come Thanksgiving, so turkey is the star of our show.

With its well-rounded strawberry- meets-cherry fruit and typically smooth silky flavours pinot noir is our go-to red grape. The Lindemans 2008 Bin 99 Pinot Noir ($12.00 - $12.99) from Australia offers great value to go along with its balanced profile.

For an all-purpose white, a bottle of New World chardonnay or riesling would match nicely with the big bird and all its fixings. If you're up for drinking outside the box, the lean, green fruit and mellow acidity of the 2009 Soave Italia ($11.40 - $14.99) from Italy is one that will appeal to a broad range of palates.

Prices reflect the range across the country. Some products may not be available in all provinces.

Fall is the sign to start stewin'

This fall, when that mood strikes (or there's a crowd to feed), consider veering off the traditional recipe path and trying this somewhat unconventional, yet still classically comforting, fragrant coconut-lime beef stew.

Fresh ginger, ground coriander, cumin and turmeric season a rich, coconut milk-based sauce that gets zing from fresh lime juice and lime zest, plus a touch of heat from a pinch or two of cayenne pepper. Serve over a helping of steamed white or brown rice.

LARRY CROWE/THE ASSOCIATED PRESS

▶ A fragrant coconut-lime beef stew.

Fragrant Coconut-Lime Beef Stew

Preparation:

1. Heat oven to 160 C (325 F).
2. In a large Dutch oven over medium-high, heat 15 ml (1 tbsp) of the oil. Add onion and saute until it begins to colour, 7 to 8 minutes. Add garlic, ginger, coriander, cumin, turmeric and cayenne pepper. Cook until fragrant, about 1 minute longer. Transfer mixture to a large plate.
3. Return Dutch oven to burner. Increase heat to high and add another 7 ml (1 1/2 tsp) of the oil to the pot. When oil is hot, add a quarter of the beef and cook until well browned on all sides, about 3 minutes. Transfer to plate. Brown remaining beef in 3 more batches, adding oil as needed.
4. Return onion mixture and browned beef to pot. Stir in coconut milk, lime zest, lime juice, brown sugar, 2 ml (1/2 tsp) salt, bay leaves and baby carrots. Bring mixture to a simmer, cover, then place in the oven for 1 1/2 to 1 3/4 hours or until beef is tender. Alternatively, stew can be simmered over low heat on the burner.
5. Season with salt. Serve garnished with chopped peanuts, if desired. Makes eight servings.

THE ASSOCIATED PRESS

Ingredients :

- 45 ml (3 tbsp) canola oil, divided (approx)
- 1 medium yellow onion, chopped (about 250 ml/1 cup)
- 5 cloves garlic, minced
- 15 ml (1 tbsp) minced fresh ginger
- 7 ml (1 1/2 tsp) ground coriander
- 7 ml (1 1/2 tsp) cumin
- 2 ml (1/2 tsp) turmeric
- 0.5 ml (1/8 tsp) cayenne pepper, or more to taste
- 1.5 kg (3 lb) beef chuck, cut into 2.5-cm (1-inch) chunks
- 1 can (398 ml/14 oz) unsweetened coconut milk
- 5-cm (2-inch) strip lime zest
- 30 ml (2 tbsp) lime juice
- 15 ml (1 tbsp) brown sugar
- 2 ml (1/2 tsp) salt, plus more to taste
- 2 bay leaves
- 500 g (1 lb) baby carrots
- 125 ml (1/2 cup) chopped peanuts (optional)

ADVERTISING FEATURE

Ice cream you'll melt for

"We wanted to produce ice cream made with Canadian milk and cream, not a frozen dessert made primarily with vegetable oils." says Michael Lovsin.

He would know. The Senior Vice President of Loblaw Brands Ltd. remembers a product launch so successful that even he was overwhelmed by it–and Canadian cream helped make it possible.

The product in question is President's Choice® Ice Cream Shop Flavours ice cream: a selection of 14 nostalgic and traditional flavours, ranging from Vanilla and Mint Chocolate Chip to Sprinkle Party Cake. It was launched in May 2010, and promoted by four hot-pink ice cream trucks, touring Canada coast-to-coast, serving samples to eager kids and grown-ups alike. Featured prominently on each truck was the 100% Canadian Milk symbol – a guarantee that the ice cream inside was made with cream produced from 100% Canadian milk.

"Consumers can encounter an array of products," explains Michael. If a vegetable oil-based product is called a 'frozen dessert,' and it looks like ice cream, many assume it is ice cream. That's why our President's Choice® Ice Cream Shop, Loads Of, and Cream First ice creams are made with Canadian cream, and bear the 100% Canadian Milk symbol. Our customers know exactly what they're buying."

By July 2010, only two months after the launch of the President's Choice® Ice Cream Shop Flavours brand, production of its top flavours had to be doubled to keep up with the exploding demand. Clearly consumers loved our flavours.

"Life's about choices," says Michael. "As a retailer, we made one too. We chose to make our ice cream with quality ingredients, and made sure our customers knew it. They did the rest."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

100% CANADIAN MILK

100% CANADIAN MILK

Behind this symbol is a source of pride.

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FINDING LOVE ON THE HIKING TRAIL

▶ Wayne and Lynn spent six months getting to know each other as part of a Toronto hiking club before they began dating.

How We Met: Wayne & Lynn

Names: Wayne, 45, and Lynn, 40

Hometown: Toronto

Together since: February 2007

Their story:

"When I (Lynn) moved to Toronto from Vancouver, I was so anxious about not being able to hike and camp like I did in B.C. ...

"So, I joined a hiking club and that's where I first met Wayne.

"Many men take it as rejection when women say they just want to be friends first, but not Wayne! We were friends for about six months before we started dating.

"Since then, we've discovered so many beautiful outdoor spaces together, in Ontario and beyond. We recently went canoeing and camping in Temagami; the wilderness was amazing and we were the only people on the lake camping on a small island. It was there that Wayne proposed to me as the sun was rising. Our wedding will take place in 2011 in Taiwan, and then it's back to Toronto to continue our life journey together."

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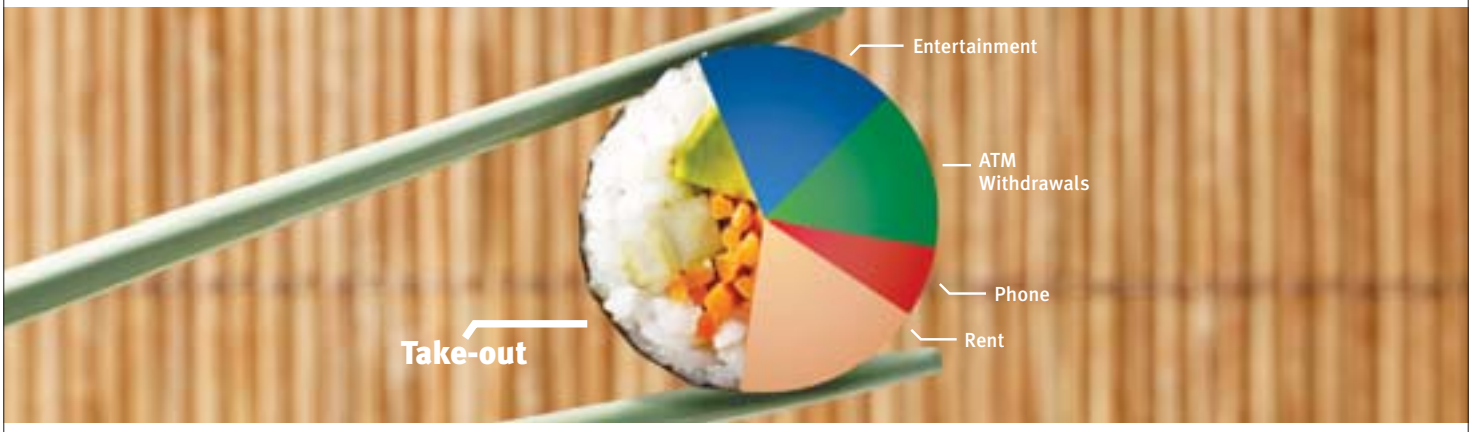

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It's time to make a financial plan

RRSP BORROWING?

There are two ways to borrow from your RRSP. First is through the RRSP Home Buyers' Plan, for first-time home buyers, and second is through the Lifelong Learning Plan, for educational expenses. These Canada Revenue Agency programs allow you to withdraw funds without a tax penalty. If you 'borrow' outside these programs before retirement to pay for a trip or a car, the withdrawal is considered income in the year you received the funds and you'll pay hefty taxes.

The RRSP Home Buyers' Plan allows you to borrow up to $25,000 tax-free from your RRSP (it can't be locked-in) to put toward a down payment for your primary residence. If you buy a home with a spouse or common-law partner, you're partner can also withdraw up to $25,000. You'll have fifteen years to repay the funds to your RRSP.

The Lifelong Learning Plan (LLP) allows you to withdraw up to $20,000 from your RRSPs to finance training or education for you, your spouse, or your common-law partner. You're annual withdrawal limit is $10,000. You'll have ten years to repay the funds and once they're repaid, you can participate in the plan again (unlimited lifetime participation). You can't use this program to finance your child's training or education.

These plans make sense for some people, but there are drawbacks. One issue is when you take money out of your RRSP, you lose the power of compounded interest and re-invested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns — the TSX Composite Index, for example, returned over 10 per cent annualized over the past 50 years. If you withdraw $5,000 at age thirty, for example, that money compounded at 8.5 per cent for twenty-five years adds up to just less than $40,000 (before tax) when you're fifty-five. So you'd miss out on nearly $35,000 in compounded interest and reinvested returns by withdrawing early.

The primary benefits of the plans are that first; they promote home ownership and education — both valuable investments. Second; repayments don't impact your annual RRSP deduction limit. Third, if you're flush with cash you can repay earlier.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

A financial plan is a blueprint for the money side of life.

It's financial planning week. Granted, not as exciting as Thanksgiving or Halloween but bear with me. If I could reduce your stress, make you happier and more secure would you start to get a bit more interested?

There's one fairly easy step you can take to accomplish all of the above — make a financial plan. According to the Financial Planning Standards Council, which oversees the Certified Financial Planner or CFP designation, only one in five Canadians has a financial plan.

"And I need one because?" you ask. Well, those who have a comprehensive financial plan (read: know where they are and where they're going financially) are twice as likely to feel prepared to weather difficult economic times. And they're almost twice as likely to have peace of mind about their financial situation as those who have never done any money planning.

And peace of mind equals reduced stress. Right? If I have you convinced the exercise is worthwhile, you might wonder about the what and where of financial planning. The process involves six elements; household budgeting, tax, retirement, estate planning (including life insurance), investing (as well as saving) and debt management.

A CFP, or certified financial planner, will have all the tools to put together a comprehensive plan. But, in the wake of some horrible investment experiences recently many are leery of advisors who are paid largely through the products they sell, such as insurance and mutual funds.

Fair enough. One option is a fee only or fee-for-service planner. About seven per cent of CFPs operate on this basis.

Whichever kind of advisor you choose, ask, "How and how much are you paid?" And ask them to disclose anything they don't sell because there is no commission attached.

The good ones will applaud your diligence.

▶ A financial planner can be an important aide.

Interest rates/ Savings accounts

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HSBC	0.85%
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PCF	1.50%
RBC	1.15%
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TD	1.15%
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ORGANICS

What do we mean by 'Organic'?

The word's all over stores these days. Meat, milk, cheese and yogurts advertise their organic ingredients; cereals too. 'Organic' shows up on signs above produce, some of it priced at a premium. But what's in a name? For a lot of people, organic just means healthy or safe. There's actually far more to it.

In Canada, no product can be labelled or advertised 'organic' unless it's composed of 95 per cent or more organic content. It must be produced in a manner consistent with the Canadian Organic Standards, and certified by a body accredited under the Canada Organic Regime. Products claiming to be 'organically grown,' 'organically raised,' or 'organically produced' must back up those claims. If the product has multiple ingredients, all organic contents must be identified as such on the packaging.

Organic foods are grown, processed, distributed, and sold according to strict standards, and with a particular philosophy in mind. For livestock, that means a life of humane treatment, free of antibiotics and synthetic hormones. Cloned animals are not considered organic. For crops, it means biological diversity within the farm; optimizing yield without resorting to toxic and persistent pesticides and fertilizers.

The production of organic foods should also maintain the environment, not strain it. Organic practices are expected to minimize soil degradation, decrease pollution, and maintain soil fertility long-term. Use of recycled materials and renewable energy sources should always be encouraged. Processing should be achieved without artificial ingredients, preservatives or irradiation. The handling, packaging, and shipping of the products should do nothing to compromise this.

A smart consumer is an informed consumer. Now that you know what goes into making the organic products in your local shops and markets, you'll be certain you're buying those best suited to your family's needs.

Organic food no longer just a specialty item

More and more Canadians are recognizing the benefits of organic food and making it part of their daily diets. When first introduced to the market, organic food was deemed a specialty item with little selection and limited availability. In response to the increasing consumer demand for organics, the industry has grown exponentially. A wide assortment of options, including packaged goods and snacks, are now available to consumers across the country.

Why 'go organic'?

- The absence of pesticides and other chemicals in the production of organic food means that more nourishing food ends up on the dinner table.
- Certified organic producers harvest crops in ways that are less impactful to the environment and surrounding ecosystem. Crops are rotated to enrich the soil, wildlife is encouraged by the inclusion of foliage crops and water resources are protected and reserved.

To make it easy and affordable for Canadians to include organic products in their daily diets, Shoppers Drug Mart and Pharmaprix recently introduced Nativa, a new exclusive line of organic products. Featuring more than 200 organic food items, including snacks, pasta, cereals, soups, coffee/ tea , jams and condiments, the line offers customers a large assortment of delicious and affordable certified organic products.

The line has resonated with Shoppers Drug Mart and Pharmaprix customers who love the convenience and affordability. "As a family, we're pretty health conscious and we love the Nativa brand of food and snacks," said Beverly Day, Shoppers Drug Mart customer.

Certification

While many products claim to be organic, before you make your purchase ensure the product has been certified organic by an authorized body. Choose well-respected brands, like Nativa Organics, which ensure adherence to strict guidelines, are third-party certified and come with a full money-back guarantee.

For more information about Canada's organic food industry, visit Agriculture and Agri-Food Canada at www.agr.gc.ca

Guilt-free snacking

Canadian families continue to embrace organic foods, making them a part of daily life. In addition to organic meal choices, consumers are increasingly choosing organic snacks. It may surprise some to hear that the snack category is one of the most successful categories of the Nativa Organics line at Shoppers Drug Mart – a testament to the fact that Canadians are increasingly looking for organic alternatives for snacking.

Like other organic food products, Nativa Organics snacks are made with ingredients grown without chemical fertilizers or harmful contaminants and do not contain any artificial ingredients or preservatives, making them a healthier snack option. Be sure to check labels to ensure the product has been certified organic by a credible third-party and enjoy your snack – guilt-free!

Be good to yourself. Be good to the earth.™

Discover a wholesome and delicious selection with Nativa® - our exclusive line of premium quality Certified Organic products that adhere to the most stringent of organic standards. From baby food to snacks, meal choices and beverages, Nativa offers healthier choices and great value - every day.

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SHOPPERS DRUG MART

4 sports

Morrison bolsters Flames front line

Veteran forward given contract one day after being cut by Canucks

Hit with injuries at forward, the Calgary Flames signed veteran centre Brendan Morrison to a one-year deal yesterday.

Flames assistant general manager Jay Feaster says the 35-year-old Morrison, who was released from a tryout contract with Vancouver on Sunday, could find himself on Calgary's second line in the short term.

"A skilled guy," Feaster said. "We need a centre iceman, we need somebody who is good on faceoffs."

With Daymond Langkow (neck) expected to start the season on long-term injury reserve, and Matt Stajan (shoulder) and Ryan Stone (knee) sidelined indefinitely, the Flames were looking thin down the middle with Thursday's season-opener against Edmonton looming.

Flames right-winger David Moss (shoulder) and Alex Kotalik (knee) are also out indefinitely.

"Initially, it's a great opportunity to step in and prove you can still produce night in and night out and I'm excited about that," Morrison said on a conference call. "I anticipate coming in and contributing and when the team gets healthier, it's only going to help the cause and help the depth.

"I'm a versatile player who can play centre, but if they need me to, I can play the wing. I can play special teams, power play and penalty kill, so I think it's a move that's going to help in a lot of different facets."

Morrison, from Pitt Meadows, B.C., has played 829 regular season games for New Jersey, Vancouver, Dallas, Anaheim and Washington, compiling 187 goals, 360 assists and 424 penalty minutes.

He spent seven seasons with Vancouver and had 12 goals and 30 assists in 74 games last season for the Capitals.

The five-foot-11, 185-pound forward was a second-round draft pick of the New Jersey Devils in 1993. He's expected to join the Flames at today's practice.

The signing of Morrison indicates the Flames don't think 21-year-old Mikael Backlund, the club's first-round draft pick in 2007, is ready to shoulder the second-line centre roll behind Olli Jokinen.

"That doesn't mean Backlund hasn't done a good job in this camp, but given the injury situation, we don't want to be short," Feaster explained. "We don't want to find ourselves down the road wishing we had done something."

THE CANADIAN PRESS

JAMIE SABAU/GETTY IMAGES

▶ Brendan Morrison played last season in Washington.

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MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Tampa Bay	96	66	.593	—	—	5-5	W-2	49-32	47-34
y-New York	95	67	.586	1	—	3-7	L-2	52-29	43-38
Boston	89	73	.549	7	6	5-5	W-2	46-35	43-38
Toronto	85	77	.525	11	10	8-2	W-1	46-35	39-42
Baltimore	66	96	.407	30	29	5-5	L-1	37-44	29-52

CENTRAL DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	94	68	.580	—	—	2-8	L-1	53-28	41-40
Chicago	88	74	.543	6	7	8-2	W-2	45-36	43-38
Detroit	81	81	.500	13	14	4-6	W-1	52-29	29-52
Cleveland	69	93	.426	25	26	7-3	L-2	38-43	31-50
Kansas City	67	95	.414	27	28	4-6	L-2	38-43	29-52

WEST DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	90	72	.556	—	—	6-4	L-1	51-30	39-42
Oakland	81	81	.500	9	14	4-6	W-4	47-34	34-47
Los Angeles	80	82	.494	10	15	5-5	W-1	43-38	37-44
Seattle	61	101	.377	29	34	3-7	L-5	35-46	26-55

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	97	65	.599	—	—	6-4	L-1	52-29	45-36
y-Atlanta	91	71	.562	6	—	5-5	W-1	56-25	35-46
Florida	80	82	.494	17	11	4-6	W-2	41-40	39-42
New York	79	83	.488	18	12	5-5	L-1	47-34	32-49
Washington	69	93	.426	28	22	5-5	W-1	41-40	28-53

CENTRAL DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Cincinnati	91	71	.562	—	—	5-5	W-2	49-32	42-39
St. Louis	86	76	.531	5	5	8-2	W-5	52-29	34-47
Milwaukee	77	85	.475	14	14	6-4	L-2	40-41	37-44
Houston	76	86	.469	15	15	3-7	W-1	42-39	34-47
Chicago	75	87	.463	16	16	6-4	L-1	35-46	40-41
Pittsburgh	57	105	.352	34	34	4-6	L-2	40-41	17-64

WEST DIVISION	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-San Francisco	92	70	.568	—	—	7-3	W-1	49-32	43-38
San Diego	90	72	.556	2	1	5-5	L-1	45-36	45-36
Colorado	83	79	.512	9	8	1-9	L-8	52-29	31-50
Los Angeles	80	82	.494	12	11	7-3	W-2	45-36	35-46
Arizona	65	97	.401	27	26	4-6	L-2	40-41	25-56

x-clinched division; y-clinched wild card

2010 POST SEASON

DIVISION SERIES

(Best-of-5)
(Note: Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage)
(All times Eastern)

AMERICAN LEAGUE

TAMPA BAY (E) VS. TEXAS (W)
Tomorrow's game
Texas (Lee 12-9) at Tampa Bay (Price 19-6), 1:37 p.m.
Thursday's game
Texas (Wilson 15-8) at Tampa Bay (Garza 15-10), 2:37 p.m.
Saturday's game
Tampa Bay (Davis 12-10) at Texas (Lewis 12-13), 5:07 p.m.
Sunday's game
x-Tampa Bay (Shields 13-15) at Texas (Hunter 13-4), TBA
Tuesday, Oct. 12
x-Texas at Tampa Bay, TBA

MINNESOTA (C) VS. N.Y. YANKEES (WC)
Tomorrow's game
N.Y. Yankees (Sabathia 21-7) at Minnesota (Liriano 14-10), 8:37 p.m.
Thursday's game
N.Y. Yankees (Hughes 18-8 or Pettitte 11-3) at Minnesota (Pavano 17-11), 6:07 p.m.
Saturday's game
Minnesota (Duensing 10-3) at N.Y. Yankees (Pettitte 11-3 or Hughes 18-8), 8:37 p.m
Sunday's game
x-Minnesota (Blackburn 10-12) at N.Y. Yankees (Burnett 10-15), TBA
Tuesday, Oct. 12
x-N.Y. Yankees at Minnesota, TBA

NATIONAL LEAGUE

PHILADELPHIA (E) VS. CINCINNATI (C)
Tomorrow's game
Cincinnati (Volquez 4-3) at Philadelphia (Halladay 21-10), 5:07 p.m.
Friday's game
Cincinnati (Arroyo 17-10) at Philadelphia (Oswalt 13-13), 6:07 p.m.
Sunday's game
Philadelphia (Hamels 12-11) at Cincinnati (Cueto 12-7), TBA
Monday, Oct. 11
x-Philadelphia at Cincinnati, TBA
Wednesday, Oct. 13
x-Cincinnati at Philadelphia, TBA

SAN FRANCISCO (W) VS. ATLANTA (WC)
Thursday's game
Atlanta (Lowe 16-12) at San Francisco (Lincecum 16-10), 9:37 p.m.
Friday's game
Atlanta (Hanson 10-11) at San Francisco (Cain 13-11), 9:37 p.m.
Sunday's game
San Francisco (Sanchez 13-9) at Atlanta (Hudson 17-9), TBA
Monday, Oct. 11
x-San Francisco at Atlanta, TBA
Wednesday, Oct. 13
x-Atlanta at San Francisco, TBA
x - played only if necessary.

CALENDAR

Oct. 6 — Playoffs begin.
Oct. 27 — World Series begins, city of National League champion.
November — Free agent period to sign exclusively with former teams, first five days after World Series ends.
Nov. 16-17 — General managers' meetings, Orlando, Fla.
Nov. 17-18 — Owners' meetings, Orlando, Fla.

AMERICAN LEAGUE

Final For 2010 Season

	G	AB	R	H	Avg.
JHamilton Tex	133	518	95	186	.359
MiCabrera Det	150	548	111	180	.328
Mauer Minn	137	510	88	167	.327
ABeltre Bos	154	589	84	189	.321
Cano NYY	160	626	103	200	.319
Butler KC	158	595	77	189	.318
ISuzuki Sea	162	680	74	214	.315
Konerko ChiW	149	548	89	171	.312
Crawford TB	154	600	110	184	.307
VMartinez Bos	127	493	64	149	.302

RUNS - Teixeira, New York, 113; MiCabrera, Detroit, 111; Jeter, New York, 111; Crawford, Tampa Bay, 110; JBautista, Toronto, 109; Cano, New York, 103; AJackson, Detroit, 103.
RBI - MiCabrera, Detroit, 126; ARodriguez, New York, 125; JBautista, Toronto, 124; Guerrero, Texas, 115; DelmYoung, Minnesota, 112; Konerko, Chicago, 111; Cano, New York, 109.
HITS - ISuzuki, Seattle, 214; Cano, New York, 200; ABeltre, Boston, 189; Butler, Kansas City, 189; Markakis, Baltimore, 187; JHamilton, Texas, 186; MYoung, Texas, 186.
DOUBLES - ABeltre, Boston, 49; Longoria, Tampa Bay, 46; DelmYoung, Minnesota, 46; Butler, Kansas City, 45; MiCabrera, Detroit, 45; Markakis, Baltimore, 45; VWells, Toronto, 44.
TRIPLES - Crawford, Tampa Bay, 13; AJackson, Detroit, 10; Span, Minnesota, 10; Pennington, Oakland, 8; Gardner, New York, 7; Granderson, New York, 7; Maier, Kansas City, 6; Podsednik, Kansas City, 6.
HOME RUNS - JBautista, Toronto, 54; Konerko, Chicago, 39; MiCabrera, Detroit, 38; Teixeira, New York, 33; JHamilton, Texas, 32; DOrtiz, Boston, 32; VWells, Toronto, 31.
STOLEN BASES - Pierre, Chicago, 68; RDavis, Oakland, 50; Crawford, Tampa Bay, 47; Gardner, New York, 47; Figgins, Seattle, 42; ISuzuki, Seattle, 42; BUpton, Tampa Bay, 42.
PITCHING - Sabathia, New York, 21-7; Price, Tampa Bay, 19-6; Lester, Boston, 19-9; PHughes, New York, 18-8; Cahill, Oakland, 18-8; Verlander, Detroit, 18-9; CBuchholz, Boston, 17-7; ESantana, Los Angeles, 17-10; Pavano, Minnesota, 17-11.
STRIKEOUTS - JerWeaver, Los Angeles, 233; FHernandez, Seattle, 232; Lester, Boston, 225; Verlander, Detroit, 219; Liriano, Minnesota, 201; Sabathia, New York, 197; CLewis, Texas, 196.
SAVES - RSoriano, Tampa Bay, 45; Soria, Kansas City, 43; NFeliz, Texas, 40; Gregg, Toronto, 37; Papelbon, Boston, 37; MaRivera, New York, 33; Aardsma, Seattle, 31.

NATIONAL LEAGUE

Final For 2010 Season

	G	AB	R	H	Pct.
CGonzalez Col	145	587	111	197	.336
Votto Cin	150	547	106	177	.324
Olnfante Atl	134	471	65	151	.321
Tulowitzki Col	122	470	89	148	.315
Holliday StL	158	596	95	186	.312
Pujols StL	159	587	115	183	.312
Prado Atl	140	599	100	184	.307
Zimmerman Wash	142	525	85	161	.307
Braun Mil	157	619	101	188	.304
HRamirez Fla	142	543	92	163	.300

RUNS - Pujols, St. Louis, 115; Weeks, Milwaukee, 112; CGonzalez, Colorado, 111; Votto, Cincinnati, 106; Werth, Philadelphia, 106; Braun, Milwaukee, 101; AHuff, San Francisco, 100; BPhillips, Cincinnati, 100; Prado, Atlanta, 100; Uggla, Florida, 100.
RBI - Pujols, St. Louis, 118; CGonzalez, Colorado, 117; Votto, Cincinnati, 113; Howard, Philadelphia, 108; Uggla, Florida, 105; McGehee, Milwaukee, 104; Braun, Milwaukee, 103; ADunn, Washington, 103; Holliday, St. Louis, 103; DWright, New York, 103.
HITS - CGonzalez, Colorado, 197; Braun, Milwaukee, 188; Holliday, St. Louis, 186; Prado, Atlanta, 184; Pujols, St. Louis, 183; Votto, Cincinnati, 177; AdGonzalez, San Diego, 176.
DOUBLES - Werth, Philadelphia, 46; Braun, Milwaukee, 45; Holliday, St. Louis, 45; ATorres, San Francisco, 43; Loney, Los Angeles, 41; Prado, Atlanta, 40; ASoriano, Chicago, 40.
TRIPLES - Fowler, Colorado, 14; SDrew, Arizona, 12; AEscobar, Milwaukee, 10; JosReyes, New York, 10; Victorino, Philadelphia, 10; CGonzalez, Colorado, 9; ATorres, San Francisco, 8.
HOME RUNS - Pujols, St. Louis, 42; ADunn, Washington, 38; Votto, Cincinnati, 37; CGonzalez, Colorado, 34; Uggla, Florida, 33; Fielder, Milwaukee, 32; MarReynolds, Arizona, 32.
STOLEN BASES - Bourn, Houston, 52; Pagan, New York, 37; Morgan, Washington, 34; Victorino, Philadelphia, 34; AMcCutchen, Pittsburgh, 33; HRamirez, Florida, 32; JosReyes, New York, 30; Stubbs, Cincinnati, 30.
PITCHING - Halladay, Philadelphia, 21-10; Wainwright, St. Louis, 20-11; Jimenez, Colorado, 19-8; THudson, Atlanta, 17-9; Arroyo, Cincinnati, 17-10; CCarpenter, St. Louis, 16-9; Lincecum, San Francisco, 16-10; DLowe, Atlanta, 16-12.
STRIKEOUTS - Lincecum, San Francisco, 231; Halladay, Philadelphia, 219; Jimenez, Colorado, 214; Wainwright, St. Louis, 213; Kershaw, Los Angeles, 212; Hamels, Philadelphia, 211; Dempster, Chicago, 208.
SAVES - BrWilson, San Francisco, 48; HBell, San Diego, 47; FCordero, Cincinnati, 40; Marmol, Chicago, 38; Wagner, Atlanta, 37; LNunez, Florida, 30; Franklin, St. Louis, 27; Lidge, Philadelphia, 27.

NHL

PRE-SEASON

Yesterday's results
At Tampere, Finland
Minnesota 5 Ilves Tampere (Finland) 1
At St. Petersburg, Russia
SKA St. Petersburg (Russia) 5 Carolina 3
Today's games
Columbus at Malmo/Rogle BK (Sweden), 1 p.m.
Boston at HC Liberec (Czech Republic), 1 p.m.
Tomorrow's game
Phoenix at Dinamo Riga (Latvia), Noon
End NHL Pre-season Schedule

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	27	14	8	5	35	27	47
Columbus	27	13	7	7	35	29	46
Kansas City	26	9	11	6	29	31	33
Toronto FC	27	8	12	7	28	34	31
Chicago	26	7	11	8	31	35	29
Philadelphia	27	7	13	7	32	44	28
New England	27	7	15	5	29	47	26
D.C. United	27	6	18	3	19	42	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	27	16	6	5	40	22	53
x-Real Salt Lake	27	14	4	9	41	18	51
x-FC Dallas	27	12	2	13	39	22	49
Seattle	27	12	9	6	34	31	42
Colorado	27	11	8	8	37	27	41
San Jose	26	11	8	7	28	28	40
Houston	27	7	14	6	36	46	27
Chivas USA	26	7	15	4	26	36	25

x — clinched playoff berth.
Thursday's game
(All times Eastern)
Los Angeles at Philadelphia, 8 p.m.
Friday's game
Columbus at Chicago, 9 p.m.
Saturday's games
Real Salt Lake at New York, 4:30 p.m.
Colorado at FC Dallas, 6 p.m.
San Jose at D.C. United, 7:30 p.m.
Seattle at Kansas City, 8:30 p.m.
Toronto FC at Chivas USA, 10:30 p.m.
Sunday's game
New England at Houston, 8:30 p.m.

GOLF

RYDER CUP

At Newport, Wales
Par 71

EUROPE 14 ½, U.S. 13 ½

Singles
U.S. 7, Europe 5
Steve Stricker, U.S., def. Lee Westwood, Europe, 2 and 1.
Stewart Cink, U.S., halved with Rory McIlroy, Europe.
Luke Donald, Europe, def. Jim Furyk, U.S., 1-up.
Dustin Johnson, U.S., def. Martin Kaymer, Europe, 6 and 4.
Ian Poulter, Europe, def. Matt Kuchar, U.S., 5 and 4.
Jeff Overton, U.S., def. Ross Fisher, Europe, 3 and 2.
Miguel Angel Jimenez, Europe, def. Bubba Watson, U.S., 4 and 3.
Tiger Woods, U.S., def. Francesco Molinari, Europe, 4 and 3.
Rickie Fowler, U.S., halved with Edoardo Molinari, Europe.
Phil Mickelson, U.S., def. Peter Hanson, Europe, 4 and 2.
Zach Johnson, U.S., def. Padraig Harrington, Europe, 3 and 2.
Graeme McDowell, Europe, def. Hunter Mahan, U.S., 3 and 1.

NFL

WEEK FOUR

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	4	0	.000	61	125

SOUTH	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	108	102
Jacksonville	2	2	0	.500	71	111
Indianapolis	2	2	0	.500	117	92
Tennessee	2	2	0	.500	98	68

NORTH	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	61	55
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	2	0	.500	79	78
Cleveland	1	3	0	.250	68	77

WEST	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	2	2	0	.500	113	71
Denver	2	2	0	.500	87	85
Oakland	1	3	0	.250	76	107

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Washington	2	2	0	.500	73	79
N.Y. Giants	2	2	0	.500	72	88
Philadelphia	2	2	0	.500	95	79
Dallas	1	2	0	.333	54	53

SOUTH	W	L	T	Pct	PF	PA
Atlanta	3	1	0	.750	93	60
New Orleans	3	1	0	.750	79	72
Tampa Bay	2	1	0	.667	50	59
Carolina	0	4	0	.000	46	87

NORTH	W	L	T	Pct	PF	PA
Chicago	3	1	0	.750	69	68
Green Bay	3	1	0	.750	106	73
Minnesota	1	2	0	.333	43	38
Detroit	0	4	0	.000	82	106

WEST	W	L	T	Pct	PF	PA
Arizona	2	2	0	.500	58	118
St. Louis	2	2	0	.500	77	52
Seattle	2	2	0	.500	75	77
San Francisco	0	4	0	.000	52	103

Byes: Dallas, Kansas City, Minnesota, Tampa Bay
Last night's result
New England 41 Miami 14
Sunday's results
Atlanta 16 San Francisco 14
Baltimore 17 Pittsburgh 14
Cleveland 23 Cincinnati 20
Denver 26 Tennessee 20
Green Bay 28 Detroit 26
Houston 31 Oakland 24
Jacksonville 31 Indianapolis 28
New Orleans 16 Carolina 14
N.Y. Giants 17 Chicago 3
N.Y. Jets 38 Buffalo 14
San Diego 41 Arizona 10
St. Louis 20 Seattle 3
Washington 17 Philadelphia 12

CFL

WEEK 15

EAST DIVISION	GP	W	L	T	PF	PA	Pt
x-Montreal	13	9	4	0	409	336	18
Hamilton	13	6	7	0	330	355	12
Toronto	13	6	7	0	259	344	12
Winnipeg	13	3	10	0	345	349	6

WEST DIVISION	GP	W	L	T	PF	PA	Pt
x-Calgary	13	10	3	0	452	295	20
x-Saskatchewan	13	9	4	0	380	345	18
B.C.	13	5	8	0	324	319	10
Edmonton	13	4	9	0	261	413	8

x — clinched playoff berth.
Friday's game
(All times Eastern)
Edmonton at Hamilton, 7:30 p.m.
Saturday's game
Toronto at Saskatchewan, 5 p.m.
Monday, Oct. 11
Calgary at Montreal, 1 p.m.
B.C. at Winnipeg, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
CLEVELAND INDIANS — Promoted Mike Chernoff to assistant general manager, John Mirabelli to vice president of scouting operations, Ross Atkins to vice president of player development and Andrew Miller to assistant to the president.
DETROIT TIGERS — Extended their working agreement with Erie (EL) two years through the 2012 season.
NATIONAL LEAGUE
ARIZONA DIAMONDBACKS — Promoted interim manager Kirk Gibson to manager. Reassigned interim general manager Jerry Dipoto to vice president of scouting and player development.
CHICAGO CUBS — Promoted Sam Coghill to managing director of corporate partnerships. Named Michael Kirschner director of corporate sponsorships.
CINCINNATI REDS — Agreed to terms with manager Dusty Baker on a two-year contract extension through the 2012 season.
HOUSTON ASTROS — Exercised their 2011 contract option on OF Jason Michaels. Declined the 2011 contract option on INF Geoff Blum.
MILWAUKEE BREWERS — Declined their 2011 contract option on manager Ken Macha.
NEW YORK METS — Fired executive vice president of baseball operations and general manager Omar Minaya. Declined their 2011 contract option on manager Jerry Manuel.
PITTSBURGH PIRATES — Fired manager John Russell.

BASKETBALL

NBA

CHICAGO BULLS — Agreed to terms with C Joakim Noah on a multi-year contract extension.

FOOTBALL

NFL

LEAGUE OFFICE — Suspended Seattle LB Leroy Hill one game and fined him an additional game check for violating the NFL Personal Conduct Policy. Fined Tennessee defensive coordinator Chuck Cecil $40,000 for an obscene gesture at game officials during Sunday's game against Denver. Suspended San Diego S Steve Gregory four games for violating the league's policy on performance-enhancing substances.
NEW YORK JETS — Waived WR David Clowney and WR Patrick Turner. Re-signed DT Howard Green.

HOCKEY

NHL

LEAGUE OFFICE — Suspended Montreal F Michael Cammalleri one game for a hard slash to the ankle of N.Y. Islanders LW Nino Niederreiter during Saturday's game.
ANAHEIM DUCKS — Assigned LW Josh Green and C Maxime Macenauer to Syracuse (AHL).
ATLANTA THRASHERS — Released F Fredrik Pettersson, F Patrick Rissmiller, D Arturs Kulda and D Andrey Zubarev.
CHICAGO BLACKHAWKS — Assigned F Jeremy Morin to Rockford (AHL).
COLUMBUS BLUE JACKETS — Assigned F Ben Guite and F Tom Sestito to Springfield (AHL).
DETROIT RED WINGS — Assigned RW Jan Mursak to Grand Rapids (AHL).
NEW JERSEY DEVILS — Assigned G Mike McKenna, D Matt Corrente, C Jacob Josefson and RW Mattias Tedenby to Albany (AHL). Waived D Rob Davison.
NEW YORK RANGERS — Agreed to terms with F Ruslan Fedotenko.
ST. LOUIS BLUES — Assigned F T.J. Hensick, F Ryan Reaves, F David Spina, D Dean Arsene and D Nathan Oystrick Peoria (AHL).
WASHINGTON CAPITALS — Signed G Philipp Grubauer to a three-year contract.

SALES LAUNCH COMING THIS FALL
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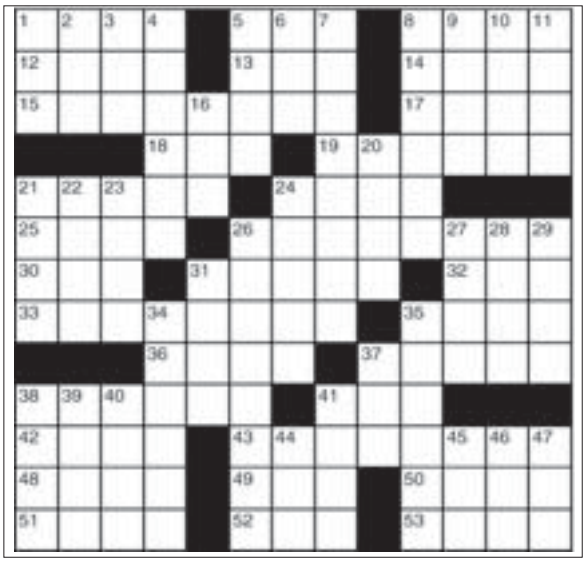
Crossword



Across

1 Galley supply
5 Affirmative reply
8 Pack cargo
12 Scram
13 "— Blue?"
14 Robust
15 Fin
17 Vicinity
18 Family member
19 Lethargy
21 Discard
24 Select
25 Talon
26 Significant detail
30 Chic no more
31 Legends
32 Before
33 Chink in the armor
35 Stare
36 Fender bender
37 Bad lighting?
38 Old brand of TV sets and radios
41 Literary collection
42 Vega's constellation
43 Sentimental weakness
48 Fairy-tale preposition
49 Basketball coaching legend Hank
50 Pontiff
51 Amateur-night ringer
52 Round Table address
53 Location

Down

1 Vacationing
2 "The Greatest"
3 Gun the engine
4 Teeter-totter
5 Shrill barks
6 Comedian Philips
7 Be patient
8 Hammerheads et al.
9 Rainout cover-up
10 Margarine
11 Have on
16 Taste the tea
20 Publisher Adolph
21 Garbage barge
22 Hint
23 — -tat-tat
24 French physicist with a tube named for him
26 Trance-like state
27 Pod occupants
28 Ricelike pasta
29 Adolescent
31 Fraction of a min.
34 "Constant Craving" singer
35 Clutches
37 Pismire
38 Advertise
39 Injection, for short
40 Pressing need?
41 Distant
44 Sapporo sash
45 Luau bowlful
46 Choose
47 Fairway entrance

▶ Yesterday's answer

Sudoku

1	5		7					
		7		6		5		
			2					8
	1				7		6	
4			3		8			5
	2		5				3	
7					3			
		8		9		3		
					4		1	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	6	3	5	1	4	2	8	7
8	4	7	2	9	3	6	1	5
5	1	2	8	7	6	4	3	9
2	5	4	9	6	8	1	7	3
6	3	8	7	5	1	9	2	4
7	9	1	3	4	2	5	6	8
1	8	6	4	3	9	7	5	2
4	2	5	1	8	7	3	9	6
3	7	9	6	2	5	8	4	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ava, It's hard to believe a year has gone by so fast since you entered our lives. Happy 1st birthday baby girl, we love you so much.
LOVE MOMMY, DADDY & MAYA

Alina datsko; My world, my reason, my life. I love you so very much. When I look into your eyes, I see a future for us. I deserve a kiss for this. Happy birthday and happy 15 months!!
JRR TJR DEUCES, JULIAN RAHAMAN

Kerrie, When I first saw your abnormally white hair (sorry babe) I knew it was love at first sight! I love you more than you could imagine.
FOREVER YOURS, DEAN.

Dear Janet! :) This was by far the best way to wish you a happy 10 months and sorry for not texting it to you, but I thought it'd be better if I published it for the world to see! And it's beside the horoscope, so no page flipping for you! Anywho iloveyou and enjoyed being with you for these 10 months! :)
CHEERS -TARUN :)

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 12° Max 16°	Min 3° Max 22°	Min 6° Max 23°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Make things happen. Command respect from those you live and work with. The one thing you must not do, however, is make unreasonable demands.

♉ Taurus April 21-May 21 You will be confronted by a major challenge of some kind today, the kind that most people would give up on without even trying. But you're not most people so roll up your sleeves and get stuck in.

♊ Gemini May 22-June 21 You are not in the mood to play games and with Mercury, your ruler, aspecting planet Pluto anyone who annoys you will very soon regret it. Your tongue can be a dangerous weapon.

♋ Cancer June 22-July 22 Stand your ground today and refuse to be intimidated by people who talk tough but don't have much back up their talk. You're more courageous than they are.

♌ Leo July 23-Aug.23 Be assertive today but don't come on so strong that you turn people against you. What you always need to keep in mind is that others have feelings, too. Treat them with respect.

♍ Virgo Aug. 24- Sept. 22 With Mercury, your ruler, squaring up to Pluto today you won't hesitate to use a little muscle to get what you need. Sometimes it's not enough to ask for what you want, sometimes you have to turn the screw.

♎ Libra Sept. 23-Oct. 23 With the Sun, Mercury and Saturn moving through your sign, this should be a time of success. But because Mercury is at right angles to Pluto today you must make sure you stay within the rules or you'll be punished!

♏ Scorpio Oct. 24-Nov. 22 Has someone got it in for you? Do they intend to do you harm? It's possible, but more likely it's just your mind playing tricks on you.Be rational, not emotional.

♐ Sagittarius Nov. 23-Dec. 21 It's easy to get impatient with people who don't think or act as fast as you. But you can't change the way others behave, but you can change your attitude. Try it.

♑ Capricorn Dec. 22-Jan. 20 Nothing stays the same and today's Mercury-Pluto link will make it plain to you that the changes now taking place are unstoppable. Don't fear them or fight them, flow with them.

♒ Aquarius Jan. 21-Feb. 18 There are times when you take life too seriously and this is one of them. You did something wrong? So what? Each day is a new beginning, so start over.

♓ Pisces Feb. 19-March 20 You'll have to make a tough decision today, the kind you would give anything to avoid. Like it or not, the responsibility has fallen on your shoulders, so make it and move on quickly. **SALLY BROMPTON**

Caption contest

KERSTIN JOENSSON/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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AIR CANADA VACATIONS

Deals of the week

NON-STOP FLIGHTS

DOMINICAN REPUBLIC

Puerto Plata via Toronto
Casa Marina Beach & Reef Resort • 3 1/2★
All-Inclusive
Standard garden view rm.
Nov. 5 – 26 • 1 wk.
$659
+Taxes & other fees (including service charges): $325

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 20 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1499
+Taxes & other fees (including service charges): $280

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 20 • 1 wk.
PRIVILEGES
$1779
+Taxes & other fees (including service charges): $280

CUBA

Varadero
Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Oct. 24 & 31 • 1 wk.
$759
+Taxes & other fees (including service charges): $228

Santa Clara
Meliá Las Dunas • 4 1/2★
All-Inclusive
Standard rm.
Dec. 25 • 1 wk.
PRIVILEGES
$1659
+Taxes & other fees (including service charges): $228

MEXICO

Ixtapa/Zihuatanejo
Las Brisas Resort Ixtapa • 4★
All-Inclusive • Deluxe grand rm.
Jan. 8 – 29 • 1 wk.
$1349
+Taxes & other fees (including service charges): $282

MEXICO

Puerto Vallarta/ Riviera Nayarit
Meliá Puerto Vallarta • 4★
All-Inclusive
Deluxe garden view rm.
Oct. 23 & 30 • 1 wk.
PRIVILEGES
$789
+Taxes & other fees (including service charges): $283

Cancun/Riviera Maya
Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Feb. 13 • 1 wk.
$1269
+Taxes & other fees (including service charges): $290

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Feb. 13 • 1 wk.
$1389
+Taxes & other fees (including service charges): $290

USA

HAWAII | Honolulu

Aqua Aloha Surf & Spa • 3★
Savvy saver - Moderate partial city view rm.
Oct. 31 • 1 wk.
$749
+Taxes & other fees (including service charges): $147

CRUISE

Princess Cruise Line[1]

Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. KK
Dec. 12 • 1 wk.
$1099
+Taxes & other fees (including service charges): $293

FREE nights, a booklet of savings & pay no resort fees at HARRAH'S ENTERTAINMENT IN VEGAS[2]

HARRAH'S ENTERTAINMENT

LAS VEGAS

Bally's Las Vegas • 3 1/2★
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Nov. 15 & 22 • 4 nts.
$449
+Taxes & other fees (including service charges): $154

Caesars Palace Las Vegas • 4 1/2★
Classic rm. – 25% savings
Nov. 22 • 4 nts.
$539
+Taxes & other fees (including service charges): $154

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